

**Learning Activity:**

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
1. The learner will be able to describe the effects of hospital associated deconditioning on functional status outcomes for hospitalized COPD patients.	1. Pathophysiological aspects of COPD that affect patient mobilization 2. Factors associated with the hospital environment that create barriers to mobility for COPD patients
2. The learner will be able to apply findings from the research presented to develop strategies to preserve functional status of hospitalized COPD patients.	1. Review of research findings describing the impact of specific types of patient physical activity and their effect upon functional status outcomes for COPD patients 2. Review of research findings describing the optimal timing of physical activity for hospitalized COPD patients 3. Description of the Hospital Associated Deconditioning Model for COPD 4. Description of the nurse-driven early mobility protocol used in the research study to address barriers to patient mobility